

BEHAVIORAL CONTRACT



Behavioral contracting is an effective behavior-modification strategy. In behavioral contracting for lifestyle change, the personal trainer and the client set up a system of rewards for adopting a new behavior. Behavioral contracting is most effective when the rewards are outlined by, and meaningful to, the client. If the rewards are not meaningful, the client may not find them to be worth working toward. Behavioral contracting works differently for each individual and personal trainers have to be careful not to push certain rewards on clients. Additionally, behavioral contracting is most effective when it is used consistently. Once certain goals are met, contracts need to be reconstructed throughout the duration of program participation.

Below are the elements of a typical behavioral contract.

I Will: (Do what) _____
(When) _____
(How often) _____
(How much) _____

How confident am I that I will do this? _____ (on a scale of 1 to 10, with 1 being not at all confident and 10 being completely confident)

If I successfully make this positive lifestyle change by _____, I will reward myself with _____

_____.

If I fail to successfully make this positive lifestyle change, I will forfeit this reward.

I, _____, have reviewed this contract and I agree to discuss the experience involved in accomplishing or not accomplishing this health-behavior improvement with _____
_____ on _____.

Signed (Client): _____

Signed (Personal trainer): _____

